

# GREEN BELT POCKET STUDY GUIDE

## FIRST BLACK STRIPE:

### Positive Self-Discipline:

- Winning Black Belts learn to control their desires, actions and habits. Winners practice, mentally rehearse and visualize the successful outcomes of their activities.

### Kicking Requirement:

- Run Jump Front Kick

## SECOND BLACK STRIPE:

### Combination #1

1. Step Front Punch. 2. Step Behind Hook Kick, Reverse Punch. 3. Turn.
4. Step Front Punch. 5. Step Behind Hook Kick, Reverse Punch. 6. Turn.

### Combination #2

1. Step Back Fist, Step Behind Hook Kick, Rear Leg Round House Kick
2. Back Side Kick, Reverse Punch 3. Turn
4. Step Back Fist, Step Behind Hook Kick, Rear Leg Round House Kick
5. Back Side Kick, Reverse Punch 6. Turn

### Combination #3

1. Step Front Punch, Reverse Punch, Low Back Leg Front Kick (keep leg up) High Round House Kick
2. Back Side Kick, Reverse Ridge Hand 3. Turn
4. Step Front Punch, Reverse Punch, Low Back Leg Front Kick (keep leg up) High Round House Kick
5. Back Side Kick, Reverse Ridge Hand 6. Turn

### Combination #4

1. Slide Side Kick (Keep Leg Up), Hook Kick, Reverse Punch
2. Rear Leg Round House Kick, Spinning Back Fist, Reverse Ridge Hand 3. Turn
4. Slide Side Kick (Keep Leg Up), Hook Kick, Reverse Punch
5. Rear Leg Round House Kick, Spinning Back Fist, Reverse Ridge Hand 6. Turn

## THIRD BLACK STRIPE:

1. Step to the left, side block (left hand).
2. Step and middle punch (right hand).
3. Turn to the right, side block (right hand).
4. Step and middle punch (left hand).
5. Step to the middle, low block (left hand).
6. Step and side punch (right hand).
7. Step and side punch (left hand).
8. Step and side punch (right hand), Ki Hap (yell).

## FOURTH BLACK STRIPE:

9. Turn backwards to the left, side block (left hand).
10. Step and middle punch (right hand).
11. Turn to the right, side block (right hand).
12. Step and middle punch (left hand).
13. Step to the middle, low block (left hand).
14. Step and side punch (right hand).
15. Step and side punch (left hand).
16. Step and side punch (right hand). Ki Hap (yell)
17. Turn backwards to the left, side block (left hand).
18. Step and middle punch (right hand).
19. Turn to the right, side block (right hand).
20. Step and middle punch (left hand).

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